

fyi: making sure it's all healthy

We built the menus using the principles and the food group servings of Canada's Food Guide and the New American Food Guide Pyramid. Once the menus were set, we ran a nutritional analysis to make sure the nutrients in the food meet the recommended nutritional dietary requirements of the National Academy of Sciences (Canada and US). The chart below shows the nutrients in each week and compares them on a per person per day basis to an average mom's nutrient requirements.

As you can see the menus are extra-super-healthy and there is plenty of room for you to add your snacks.

Nutrition Facts							
average daily nutrients per person per day							
	semaine 1	semaine 2	semaine 3	semaine 4	semaine 5	semaine 6	A Mom
Nutrient							
Calories	1745	1621	1539	1556	1631	1615	2300
% calories from fat	32%	27%	28%	28%	28%	28%	20-35%
Total fat	63	50	48	51	53	46	71
Saturated fat g	19	18	17	15	15	14	No RDA
Trans fat g	0	0	0	0	0	0	No RDA
Cholesterol mg	204	211	249	238	187	265	300
Sodium mg	1659	2026	1898	1816	1823	1658	1500 AI 2300 UL
Carbohydrate g	226	229	203	216	226	243	315
Fiber g	30	33	26	29	32	29	25
Sugars g	91	89	70	71	93	93	No RDA
Protein g	81	76	81	75	76	74	46
Vitamin A mcg	801	885	986	647	740	819	700
Vitamin C mg	217	246	158	183	187	195	75
Calcium mg	1098	1037	1051	918	886	943	1000
Iron mg	12	12	13	13	12	12	*18

Dietary Reference Intakes (DRI), National Academy of Sciences, 2000-2007 (Canada and US)

RDA = recommended daily allowance. A Mom = a woman (19-50 years) 5'4" 135 lbs,

*Iron for Men = 8, Teen boys = 8, Girl child = 10. Women and teenage girls need more iron.

These menus are high energy, but if you are always tired or suffer from anemia, consult your doctor.

To review food guides please visit www.hc-sc.gc.ca/fn-an/food-guide-aliment/index-eng.php and/or www.mypyramid.gov/pyramid/index.html To review the recommended daily requirements for other family members please visit www.hc-sc.gc.ca/fn-an/nutrition/reference/cons_info-guide_cons-eng.php